

ACTIVITY TITLE: BOX BALL

TIME: 30-45 MINUTES

GRADE LEVEL: 3-12

UNIT NAME: SKILL DEVELOPMENT ACTIVITY

KEY CONCEPTS: TEAMWORK, CATCHING/THROWING, OFFENSE/DEFENSE, COMMUNICATION, SPORTSMANSHIP.

EQUIPMENT/MATERIALS:

2 BOXES, 2 HULA HOOPS, 1 NERF BALL/FOOTBALL(OR OTHER THROWING OBJECT), CONES OR BOUNDARIES, JERSEYS.

OBJECTIVE OF THE GAME: TO WORK AS A TEAM TO PROGRESS THE BALL DOWN THE FIELD WITH THE END RESULT OF HAVING YOUR TEAM CAPTIAN (GOAL KEEPER) CATCH THE BALL IN THE BOX.

PROCEDURE/INSTRUCTION:

- 1.) DIVIDE INTO EQUAL TEAMS.
- 2.) EACH TEAM PLACES A CAPTAIN IN THE DESIGNATED AREA.
- 3.) PLAY STARTS WITH A JUMP BALL
- 4.) THE BALL CAN BE ADVANCED BY THROWING IT. OTHER PLAYERS SHOULD MOVE WITH-OUT THE BALL
- 5.) ONE ARM LENGTH IS REQUIRED BETWEEN PLAYERS WHEN PLAYING DEFENSE. THIS IS TO AVOID FOULING EACH OTHER.
- 6.) PLAYERS MAY INTERCEPT THE BALL IN THE AIR. DEFENSE MAY KNOCK THE BALL TO THE GROUND.
- 7.) IT'S A TURNOVER IF THE PLAYER HOLDS THE BALL MORE THAN 5 SECONDS.
- 8.) IF THE BALL HITS THE GROUND IT'S A TURN OVER.
- 9.) TURNOVERS ARE PICKED UP AND THE BALL IS PROGRESSED IN THE OPPOSITE DIRECTION.
- 10.) ONE POINT IS AWARDED WHEN THE CAPTAIN CATCHES THE BALL IN THE BOX. THE BALL MUST LAND AND STAY IN THE BOX.

CLOSURE/ASSESSMENT:

OFFENSIVE AND DEFENSIVE STRATEGIES? TEAMWORK?